# AUNT JEMIMA

# New Temptilatin' Recipes

# The Legend of AUNT JEMIMA

Gracious living was the keynote of life at Higbee's Landing where, legend has it, Aunt Jemima was a mammy cook.

Even in those days the fame of Colonel Higbee's cook spread far and wide throughout the South. Guests flocked to the home of her master to taste the delicacy for which Aunt Jemima was famous.

That delicacy was pancakes — light, fluffy and golden-brown—which the smiling Aunt Jemima prepared herself in the great kitchen. The sight of the delicious pancakes, topped with melting butter and rich, golden syrup, brought forth such enthusiastic praise that Colonel Higbee would call Aunt Jemima herself in from the plantation kitchen and praise her before his guests.

Invariably, the delighted guests would try to induce their own cooks to make pancakes as good as Aunt Jemima's. But no one ever was able to match their fluffy, mouth-watering goodness — so closely did Aunt Jemima guard her secret recipe.

Today, millions of families are able to enjoy delicious Aunt Jemima Pancakes and Buckwheats. For Aunt Jemima's famous secret recipe has been preserved and made available to everyone through the distributing facilities of The Quaker Oats Company. Best of all, Aunt Jemima's are Ready-Mixed — easy as 1-2-3 to fix. You simply add milk or water — stir — and pop them on the griddle. They're just as much of a treat for lunch and supper as they are for breakfast. Serve this Old South delicacy often.

# *Aunt Jemima Pancakes

## AUNT JEMIMA'S QUICK PANCAKES

**Makes 14 to 16 medium pancakes**

2 cups Aunt Jemima Ready-Mix for Pancakes

2¼ cups milk*

1. Add milk to unsifted Ready-Mix all at once and stir lightly. Somewhat lumpy batter makes light fluffy pancakes.
2. Pour ¼ cup of batter for each pancake onto a hot, lightly greased griddle.
3. Bake to a golden brown, turning only once.

## AUNT JEMIMA'S QUICK BUCKWHEATS

**Makes 14 to 16 medium pancakes**

2 cups Aunt Jemima Ready-Mix for Buckwheats

2½ cups milk*

(Mix the same as for the Quick Pancakes)

## DELUXE PANCAKES

Add one beaten egg and two tablespoons melted shortening to pancake or buckwheat batter.

***Note:**

**For economy, substitute water for part or all of the milk.**

**For thinner pancakes, use more liquid.**

# Aunt Jemima's Hints for Making Perfect Pancakes & Buckwheats

1. **Measure ingredients carefully.** Use level measurements in standard measuring cups.
2. **Add milk to Aunt Jemima Ready-Mix for Pancakes or Buckwheats all at once and stir lightly.** Somewhat lumpy batter makes light fluffy pancakes.
3. **Be sure griddle is correct temperature.** It is just hot enough when a drop of water bounces on it for a second before evaporating or when a spoonful of batter browns on one side in one minute.
4. **Grease griddle very lightly using an unsalted shortening** (unless griddle is the kind that requires no greasing). Pancakes will not stick to a griddle that has been properly seasoned. To season a griddle, cover it with a thin layer of unsalted shortening or oil; heat griddle until shortening begins to smoke; turn off heat and let griddle stand overnight. Remove excess shortening before baking pancakes. Never scour a griddle without re-seasoning it.
5. **Pour the batter for each pancake onto the griddle all at once** (one-fourth cup of batter makes a medium-sized pancake).
6. **Turn pancakes only once.** Turn them when the top side is covered with bubbles and the edges look dry. Then bake them until brown on the other side. Don't pat cakes.
7. **Serve pancakes "hot off the griddle".**

AUNT JEMIMA'S FAVORITE

# ★ Pancake Variations

**HALF 'N HALF PANCAKES:** Combine 1 cup Aunt Jemima Ready-Mix for Pancakes, 1 cup Aunt Jemima Ready-Mix for Buckwheats and 2¼ cups milk. Mix and bake as directed for Quick Pancakes.

**HAM PANCAKES OR BUCKWHEATS:** Fold 1 cup finely diced or ground cooked ham into pancake or buckwheat batter before baking. Serve with raisin sauce or syrup.

**CHEESE PANCAKES OR BUCKWHEATS WITH POACHED EGGS:** Fold ½ cup grated American cheese into the batter. Bake as for Quick Pancakes. Top each serving of pancakes or buckwheats with a poached egg.

**CORN PANCAKES OR BUCKWHEATS:** Fold 1 cup drained whole kernel corn into the pancake or buckwheat batter. Bake as for Quick Pancakes.

**BLUEBERRY PANCAKES:** Fold 1 cup fresh or frozen blueberries into the pancake batter before baking. Serve with whipped cream or sour cream.

**APPLE PANCAKES WITH SOUR CREAM:** Fold 2 cups diced apples into the Deluxe Aunt Jemima Pancake batter. Mix lightly. Pour ¾ cup to 1 cup of batter onto a greased griddle or skillet. Bake slowly until golden brown on underneath side, about three minutes. Turn and bake on other side. Roll up. Sprinkle generously with confectioners sugar and garnish with fried apple slices. Serve with sour cream.

## SAUSAGE PATTIES

**Makes 16 patties**

1 pound pork sausage meat
1 cup Quaker or Mother's Oats, uncooked
⅔ cup water
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon sage

1. Combine all ingredients thoroughly. Shape into 16 patties and chill in the refrigerator.
2. Dip chilled patties in beaten egg and roll in fine dry bread crumbs.
3. Pan-fry slowly in small amount of fat until thoroughly cooked, about 15 minutes.

## BACON

**PAN-FRIED:** Place slices of bacon in a cold frying pan; cook over low heat, turning occasionally. Cook 6 or 8 minutes.

**BACON CURLS:** Pan-fry the slices of bacon. As each slice is removed from the pan, roll it around the tines of a fork to form a curl.

**OVEN-COOKED:** Place slices of bacon on a wire rack set in a shallow baking pan. Bake in a moderately hot oven (400°F.) 12 to 15 minutes or until lightly crisped.

## PAN-FRIED LINK SAUSAGES

Place links in a frying pan (do not prick the casings); add a small amount of water. Cover and steam 5 minutes; drain. Cook over low heat, turning links frequently until browned.

# ★Delicious Waffles

## AUNT JEMIMA'S QUICK WAFFLES

**Makes 5 servings**

2 cups Aunt Jemima Ready-Mix for Pancakes
2 cups milk
⅓ cup melted butter, fat or oil
2 eggs

1. Place all ingredients in a medium-sized mixing bowl. Beat with a rotary egg beater until batter is fairly smooth.
2. Pour batter onto a hot waffle iron. Bake until iron stops steaming.

## AUNT JEMIMA'S BUCKWHEAT WAFFLES

**Makes 5 servings**

Use Aunt Jemima Ready-Mix for Buckwheats in the above recipe.

### VARIATIONS

**CHEESE:** Fold ⅔ cup grated cheese into the waffle batter (either Quick or Buckwheat).

**PECAN:** Fold ½ cup chopped pecan meats into the waffle batter.

**DESSERT:** Place sweetened fresh or frozen strawberries, raspberries or peaches between two waffle sections. Top with whipped cream.

# ★ Sauces and Syrups

**Brown Sugar Syrup:** Combine 1 cup brown sugar, ¾ cup water and ⅛ teaspoon salt; bring to a boil and cook 5 minutes. Serve hot. For a Praline Syrup add ½ cup chopped pecan meats.

**Rosy Pineapple Sauce:** Combine 1 cup diced apple, ½ cup light corn syrup, ½ cup sugar, ¼ teaspoon salt and 1 cup crushed pineapple. Cook until apple is tender and sauce is slightly thickened. Add a few drops of red coloring. Serve warm or chilled.

**Orange Marmalade Sauce:** Combine 1½ cups sugar, ½ cup water and a dash of salt. Bring to a boil. Slice 1 orange very thin; extract juice from a second orange. Add sliced orange and orange juice to syrup. Simmer 10 minutes. Chill and serve.

**Fresh Peach or Pear Sauce:** Combine 3 cups sliced peaches or pears, 1 cup sugar, ⅓ cup water and 1 tablespoon lemon juice. Cook until fruit is tender. Serve warm or cold.

**Honey Butter:** Beat ½ cup butter or margarine and ½ cup honey together until light and fluffy. Serve.

**Frosty Whipped Butter:** Whip 1 cup butter until very light and fluffy. Gradually add ½ cup confectioners sugar, beating until fluffy. Chill and serve.

**Sausage Gravy:** Shape ½ lb. pork sausage meat into small balls; pan-fry until thoroughly cooked. Drain. Add 2 cups medium white sauce (made with the sausage drippings). Cook 5 minutes. Serve hot.

# ★Roll-ups Round The Clock

## For Breakfast . . .

### PANCAKE SAUSAGE ROLL-UPS

Roll a baked Aunt Jemima Pancake around each cooked pork sausage link. Serve roll-ups with sausage gravy or hot applesauce.

## For Lunch . . .

### ASPARAGUS ROLL-UPS

Place several spears of cooked fresh or frozen asparagus across the center of each baked Aunt Jemima Pancake. Roll up. Serve immediately with cheese sauce. Garnish with a strip of pimiento or a dash of paprika.

## For Dinner . . .

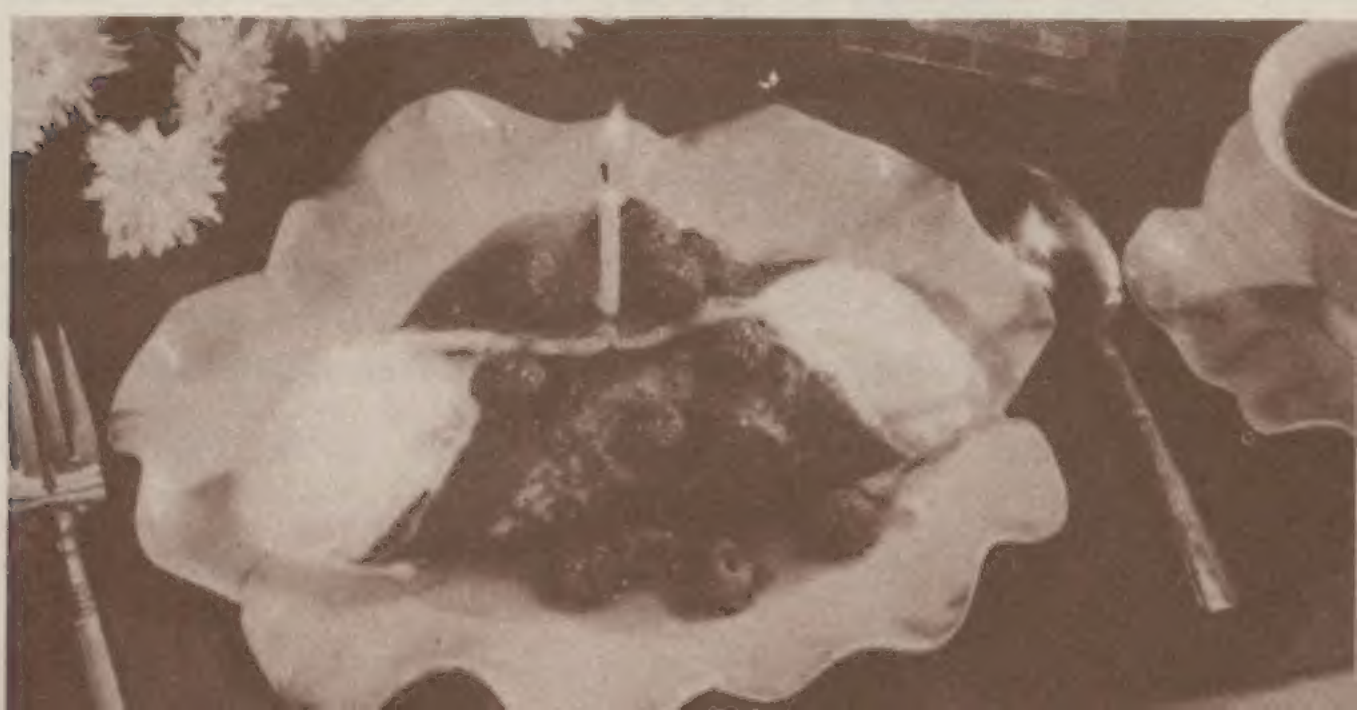
### CHICKEN ROLL-UPS

Spread baked pancakes with chopped cooked chicken or other fowl. Roll up. Serve with hot cranberry sauce.

## For Dessert . . .

### ICE CREAM ROLL-UPS

Bake large DeLuxe Aunt Jemima Pancakes (see page 2 for recipe). Place ice cream across the center of each baked pancake; roll up. For a special occasion fasten with a birthday candle, small flag or other symbolic decoration. Serve with a fruit sauce.



## LIGHTNIN' MUFFINS

**Makes 12 muffins**

2 cups Aunt Jemima Ready-Mix for Pancakes or Buckwheats
2 to 4 tablespoons sugar
1 beaten egg
1½ cups milk
2 tablespoons melted shortening

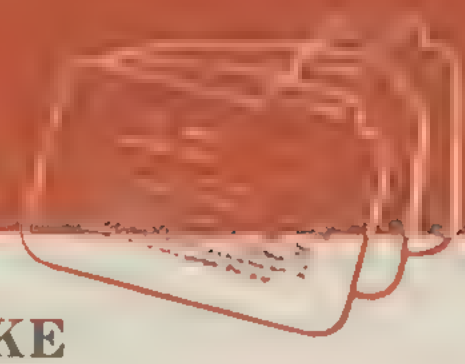
1. Mix together Ready-Mix and sugar; add beaten egg and milk, stirring lightly until combined.
2. Fold in melted shortening.
3. Fill greased muffin pans ⅔ full and bake in a hot oven (425°F.) 15 to 25 minutes.

### BLUEBERRY MUFFINS

Increase sugar to ½ cup. Fold 1 cup fresh blueberries into batter in step 2.

### DATE OR NUT MUFFINS

Fold ½ cup chopped dates or ⅓ cup chopped nutmeats into batter in step 2.



# COFFEE CAKE

**Makes one 8-inch square**

### *Batter*

- 1 beaten egg
- ½ cup sugar
- ½ cup milk (scant)
- 1 cup Aunt Jemima Ready-Mix for Pancakes
- 3 tablespoons melted shortening

### *Cinnamon Topping*

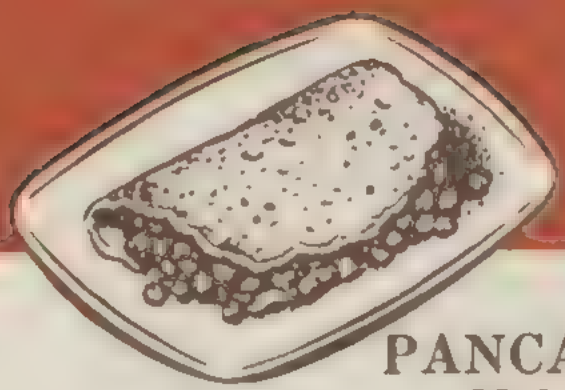
- ¼ cup brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon flour
- 1 tablespoon melted butter
- ⅓ cup chopped nutmeats

1. Gradually add sugar to beaten egg, beating until fluffy.
2. Add milk alternately with Ready-Mix, mixing until combined.
3. Fold in melted shortening. Spread in greased 8-inch square pan.
4. Combine topping ingredients; sprinkle over batter and bake in a moderate oven (375°F.) 25 to 30 minutes.

### *Variations:*

**Peanut Butter Topped Coffee Cake:** Prepare batter as above. (Omit Cinnamon Topping). Bake the coffee cake 20 minutes. Remove from oven and spread with Peanut Butter Topping made by combining ¼ cup peanut butter, 2 tablespoons top milk or cream, 2 tablespoons melted butter and 2 tablespoons brown sugar. Return to oven and bake for 5 to 10 minutes. Serve.

**Apple Coffee Cake:** Combine ⅓ cup brown sugar, 1 teaspoon cinnamon and 1 tablespoon melted butter. Place in the bottom of a well-greased 8-inch square pan. Arrange 2 cups apple slices on top of mixture. Prepare batter as above (omit Cinnamon Topping) and pour over apple slices. Bake as directed above. Invert and serve.



## PANCAKE OMELET

**Makes 4 servings**

1 cup Aunt Jemima Ready-Mix for Pancakes
3 beaten egg yolks
¾ cup milk
3 stiff-beaten egg whites

1. Combine beaten egg yolks and milk. Add all at once to the Ready-Mix, stirring until smooth.
2. Fold in beaten egg whites.
3. Heat about 1 teaspoon butter in a 9 or 10-inch frying pan; pour omelet into hot frying pan and cook over direct heat until bottom of omelet is golden brown, about 3 minutes.
4. Place in broiler about 3 inches from source of heat and continue cooking until top is delicately browned.
5. Crease omelet through center. Fill with sweetened fresh or frozen strawberries, raspberries or other fruits. Fold over. Sprinkle with confectioners sugar if desired. Serve immediately.

## AUNT JEMIMA'S BISCUITS

**Makes 12 to 18 biscuits**

2 cups Aunt Jemima Ready-Mix for Pancakes or Buckwheats
2 tablespoons sugar
¼ cup shortening
⅔ to ¾ cup milk

1. Mix together Ready-Mix and sugar; cut in shortening until mixture resembles coarse crumbs.
2. Add milk, stirring lightly only until mixture is dampened.
3. Turn out on lightly floured board and knead gently a few seconds. Roll out to scant ½-inch thickness; cut with floured biscuit cutter.
4. Bake on ungreased baking sheet in a hot oven (450°F.) 12 to 15 minutes.

Note: These biscuits make a delicious topping for meat or chicken pies.

## AUNT JEMIMA'S DUMPLINGS

**Makes 6 servings**

- 1¼ cups Aunt Jemima Ready-Mix for Pancakes or Buckwheats
- ½ teaspoon salt
- 1 beaten egg
- ½ cup milk
- 2 tablespoons melted shortening

1. Mix together Ready-Mix and salt; add beaten egg and milk, stirring lightly until batter is fairly smooth.
2. Fold in melted shortening.
3. Drop dumplings from a tablespoon into boiling stew. Cover tightly and cook for 15 minutes without lifting the cover. Serve immediately.

## DATE NUT BREAD

**Makes 1 loaf**

- 2 cups Aunt Jemima Ready-Mix for Pancakes or Buckwheats
- ¼ cup brown sugar
- ½ cup chopped dates or prunes
- ½ cup chopped nutmeats
- 1 beaten egg
- 1¼ cups milk
- 2 tablespoons melted shortening

1. Mix together Ready-Mix, brown sugar, dates and nutmeats.
2. Add beaten egg and milk; fold in melted shortening.
3. Bake in a greased waxed paper-lined loaf pan (1 lb. size) in a moderate oven (350 F.) about one hour.

# FRUIT COBBLER

**Makes 8 servings**

*Fruit Base*

- 2 cups sweetened cooked fruit (berries, cherries, peaches or apples)
- ⅓ cup sugar
- 2 tablespoons flour
- 1 tablespoon lemon juice
- 1 tablespoon butter or margarine

*Topping*

- 1½ cups Aunt Jemima Ready-Mix for Pancakes
- ¼ cup sugar
- 1 beaten egg
- ¾ cup milk
- ¼ cup melted shortening

1. Prepare the Fruit Base by combining the sugar and flour with the fruit. Add lemon juice. Place in a greased 8-inch square cake pan. Dot with butter.
2. For the Topping, measure Ready-Mix into a bowl; add sugar, mixing well.
3. Combine beaten egg and milk and add to dry ingredients, stirring until batter is fairly smooth. Fold in melted shortening.
4. Pour batter over the fruit base. Bake in a hot oven (425°F.) 25 to 30 minutes. Serve warm with top milk or cream.

# SPICY DOUGHNUTS

**Makes 2 dozen doughnuts**

- 3 cups Aunt Jemima Ready-Mix for Pancakes or Buckwheats
- ⅔ cup sugar
- 1½ teaspoons cinnamon
- ½ teaspoon nutmeg
- 2 beaten eggs
- ¾ to ⅞ cup milk
- 2 tablespoons melted shortening

1. Mix together Ready-Mix, sugar and spices.
2. Combine beaten eggs and milk and add to dry ingredients; fold in melted shortening.
3. Roll dough to ⅜-inch thickness on lightly floured board; cut with floured doughnut cutter.
4. Fry in hot deep fat (375°F.) until brown. Drain on absorbent paper. Dust with granulated or powdered sugar, if desired.

## QUICK DATE BARS

**Makes 1½ dozen bars**

- 1 beaten egg
- ½ cup brown sugar
- 1 teaspoon vanilla
- 1 cup Aunt Jemima Ready-Mix for Pancakes
- ¼ cup milk
- ¼ cup melted shortening
- ⅓ cup chopped dates
- ⅓ cup chopped nuts

1. Gradually add sugar to beaten egg, beating until fluffy. Add vanilla.
2. Add Ready-Mix to egg mixture alternately with milk. Fold in melted shortening, dates and nutmeats.
3. Bake in greased 7x11 inch pan in a moderate oven (350°F.) 20 to 25 minutes.
4. Cut into squares. Serve plain or rolled in confectioners sugar.

## BROWNIES

**Makes 1½ dozen**

- ⅓ cup shortening
- 2 squares unsweetened chocolate
- 2 beaten eggs
- 1 cup sugar
- ¾ cup Aunt Jemima Ready-Mix for Pancakes
- 1 teaspoon vanilla
- ½ cup chopped nuts

1. Melt shortening and chocolate over boiling water.
2. Add sugar to beaten eggs and continue beating until fluffy. Add melted shortening and chocolate.
3. Add Ready-Mix, vanilla and nutmeats, stirring lightly until smooth.
4. Bake in a greased 7x11 inch pan in a moderate oven (350 F.) 25 to 30 minutes. Cut into bars while warm.

AUNT JEMIMAS NEW WAY WITH

# French Fried Foods

## BREADING

Roll prepared food in dry Aunt Jemima Ready-Mix for Pancakes. Shake off excess coating. Fry in hot deep fat.

| Food | Preparation | Temperature of Fat | Time |
|---|---|---|---|
| Croquettes | | 350°F. | 4-5 min. |
| Fish steaks and fillets (frozen) | Defrost, cut into serving portions. Salt. | 375°F. | 2 min. |
| Onion Rings | Soak onion rings in milk for 15 minutes. Drain. | 375°F. | 2-3 min. |

## BATTER DIPPING

Combine 1 cup Aunt Jemima Ready-Mix for Pancakes, ¼ teaspoon salt and ¾ cup water. Beat about 2 minutes. Dip prepared food in batter, drain well on wire rack. Fry in hot deep fat.

| Food | Preparation | Temperature of Fat | Time |
|---|---|---|---|
| Chicken (precooked) | Use 2 lb. chickens cut into halves or quarters and precooked. | 350°F. | 4-5 min. |
| Onion Rings | Soak onion rings in milk for 15 minutes. Drain. | 375°F. | 2 min. |
| Shrimp | Use cleaned green or precooked shrimp. | 375°F. | 2-3 min. |
| Cauliflower (precooked) | Separate into flowers. Cook in boiling salted water about 5 minutes. Drain. | 375°F. | 2 min. |

## FRENCH FRIED HOT DOGS

1 cup Aunt Jemima Ready-Mix for Pancakes
1 tablespoon sugar
2 tablespoons corn meal
⅔ cup water
8 wieners

1. Combine dry ingredients.
2. Add water and beat with a rotary egg beater for two minutes.
3. Dip wiener in batter holding wiener with a kitchen fork; drain off excess batter over the bowl.
4. Fry in hot deep fat (375° F.) 2 to 3 minutes.
5. Drain on absorbent paper. Insert wooden skewers.

## CORN FRITTERS

**Makes 12 fritters**

1 cup Aunt Jemima Ready-Mix for Pancakes or Buckwheats
1 beaten egg
½ cup milk
2 cups cooked whole kernel corn, drained

1. Add beaten egg and milk to Ready-Mix, mixing until fairly smooth.
2. Fold in whole kernel corn.
3. Drop batter by spoonsful into hot deep fat (360°F.) turning when brown on underside. Total cooking time, about 3 minutes. Drain on absorbent paper.
4. Serve hot with syrup.

## SUNDAY BREAKFAST TREAT

Half Grapefruit
Aunt Jemima's Quick Waffles*
Butter Syrup
Sausage Patties*
Coffee Milk

## A HE-MAN BREAKFAST

Puffed Wheat and Bananas
Poached Egg on Buckwheat Cakes*
Coffee Milk

## A TEEN-AGE SNACK FEAST

French Fried Hot Dogs*
Bright Red Apples Popcorn
Spicy Hot Cider

## FRIDAY'S SUPPER

Pancakes* with Creamed Fish
Carrot Raisin Salad
Frozen Fruit Cocktail Cookies
Coffee Milk

## FAMILY FAVORITE DINNER

Individual Meat Pies*
Tomato Ring Salad Hot Biscuits
Chilled Peaches Cupcakes
Coffee Milk

*Recipes in this booklet.

# THE NUTRITION STORY

After you've tried golden-brown, fluffy-light Aunt Jemimas for breakfast, lunch or supper, and have tried the kitchen-tested recipes in this booklet, you will agree that here is "pancake eatin'" at its finest.

You can also be sure that Aunt Jemimas, besides being delicious, light, and tender, are noted for their nutritional value. Here is the reason:

Based on most recent scientific knowledge, Government nutrition experts have established a "yardstick" of nutritional requirements, commonly referred to as "Recommended Dietary Allowances." This table of standards gives vitamin, mineral, protein and calorie requirements for men, women and children.

Now here is where Aunt Jemima comes in! Frequently, nutritional evaluation of a food consists of determining how it measures up on this "yardstick for good nutrition."

Experts tell us that any serving of food which contributes 10% of the daily requirement of a certain food element, may be considered an excellent source of that nutrient. On this basis, let's see how Aunt Jemima pancakes rate—comparing the food values provided by a pancake serving with "Recommended Dietary Allowances" for a moderately active woman.

Just a single serving of Aunt Jemima Pancakes (3 four-inch pancakes, 1 tablespoon butter, 4 tablespoons syrup) contributes 24% of the daily need of food-energy (calories), 17% of the protein, 51% of the calcium, 33% of the iron, 11% of the vitamin A, 14% of the vitamin $B_1$ and 17% of the vitamin $B_2$. Thus, in all of these food elements Aunt Jemima Pancakes easily can be said to rate "excellent."

You'll be amazed to know, just as the doctors who discovered it were, that a breakfast of Aunt Jemima Pancakes is unusually easy to digest. The time which it takes a food to pass completely through the stomach is often used as a measure of ease of digestibility. Judged by this criterion, a serving of Aunt Jemima Pancakes, plus coffee and cream, is even more quickly "digested" than such a simple meal as orange juice, buttered toast, and coffee.

Yes, Aunt Jemima Pancakes are unique; they are delicious, highly nutritious, and easily digestible, too.

# AUNT JEMIMA'S STORY

Aunt Jemimas are so light, fluffy and melt-in-your-mouth tender that expert cooks are proud to serve them. Yet they are so simple and easy to make that inexperienced cooks can produce "temptilatin'" Aunt Jemima pancakes the first time they try. For all you do is add milk or water, stir and pour 'em onto the griddle.

It is this ease and this sureness of perfect results every time that is switching thousands of homemakers from cookbook pancakes to Aunt Jemimas. Why spend time and effort sifting, mixing and measuring when you can get wonderful Aunt Jemima pancakes, as easy as 1-2-3?

Litho. in U.S.A. AJBR-1-49